



BODYARMOR
STATE GAMES



2024 FIGURE SKATING CHAMPIONSHIPS

March 15-17, 2024

*@ Invisalign Arena at Wake Competition Center
Competition Ctr Drive, Morrisville, NC 27560*

Hosted by

Triangle Figure Skating Club,
North Carolina Amateur Sports and the
National Congress of State Games

Sanctioned by

United States Figure Skating



The BODYARMOR State Games Figure Skating Championships is a qualifying competition for the 2024 State Games of America Championships (SGA). Skaters placing first, second or third in an event at the BODYARMOR State Games competition qualify to compete nationally at the State Games of America being held July 17-23, 2024 in San Diego, CA. For more details visit www.stategamesofamerica.com.

These events will be conducted in accordance with the rules and regulations of U. S. Figure Skating, as set forth in the [current rulebook](#), as well as any pertinent updates that have been posted on the U. S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules that is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

ELIGIBILITY/TEST LEVEL

Eligibility: All skaters must have a North Carolina or South Carolina affiliation in one or more of the following ways: reside in the State of North or South Carolina, attend school in North or South Carolina State, be a member of a North or South Carolina Figure Skating Club or have their primary training location in North or South Carolina. Individuals who do not meet the above criteria and are interested in competing need to contact the BODYARMOR State Games office at 919-361-1133.

Competition level: Entrants may not have competed in a qualifying competition at a level higher than the level at which they register to compete at the North Carolina State Games. For example, competitors who register to compete at the Intermediate Women or Men level may not have competed at the Novice level or higher at any qualifying competition prior to the 2024 BODYARMOR State Games.

Skaters registering to compete at the Pre-Juvenile level or lower may not have competed in a qualifying competition.

Skaters may only enter **ONE** level per type of event. For example, skaters cannot enter both the Juvenile AND Intermediate Free Skate events. However, a skater may enter the Juvenile Free Skate event and also the Intermediate Short Program event. Furthermore, skaters cannot enter both standard track free skate events and Excel Free Skate events, as Excel events are considered to be free skate events.

Age restrictions/requirements: Singles free skate events (well-balanced program) have the following requirements:

- Juvenile: Girls – 12 years or younger; Boys – 13 years or younger
- Open Juvenile: Girls – 13 years or older; Boys – 14 years or older
- Intermediate must be under the age of 18
- Adults must be 21 years or older

Age classes for all Adult free skate events:

- Young Adult: 18 years through 20 years
- Class I: 21 years through 35 years
- Class II: 36 years through 45 years
- Class III: 46 years through 55 years
- Class IV: 56 years through 65 years
- Class V: 66 years and older

All adult age classes may be divided or combined depending on the number of entries and at the discretion of the chief referee. Men and ladies will be combined in Adult 1 through Adult Bronze free skate events (based on the Adult Competition Series Rules). Athletes in Adult Silver and higher free skate events with no competitor of the same gender in another age class will be offered the opportunity to skate an exhibition for first place or skate up to the next higher level (if this provides a competitor). The chief referee reserves the right to request proof of age.

Skaters entering Snowplow Sam through Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. The LOC reserves the right to combine levels where there are not enough entries. Age divisions are determined by age on March 15, 2024. Age divisions may be further broken down to equalize group size.

ENTRY INFORMATION

Registration for this year's event will be done online through Entryeeze. A link to registration can be found at www.ncsports.org. The [entry deadline](#) for this year's competition is midnight on [Sunday, February 25, 2024](#). Late entries may be accepted at the discretion of the competition manager and chief referee and will be subject to a \$25 late fee. Contact the BODYARMOR State Games office if you are unable to register online and need to register via mail. Additional fees may apply.

Compete USA pricing applies only for Snowplow Sam through Aspire 4 events. No Test through Pre-Preliminary events are considered 6.0 events and are priced accordingly as are Excel Pre-Preliminary and Excel Preliminary. Excel Preliminary Plus and higher will be considered IJS events.

As a gift to our competitors, all skaters will be able to download a video of their BODYARMOR State Games events **FREE OF CHARGE** from Looking Glass Productions! Additional information on how to access your videos will be sent out once registration has closed.

Event Category

Price

Singles - IJS

1st IJS event: \$140

2nd IJS event: \$90

1st 6.0 event or any additional event: \$50

Singles – 6.0

1st 6.0 event: \$110

1st Compete USA event: \$75

Any additional event: \$50

Singles & Duets Showcase:

\$120 (\$50 if 2nd or higher event)

Mini Production Ensemble/Production Ensembles:

\$120

Synchro Teams (Exhibition Only):

\$65 + \$5/skater

High School (Team Maneuvers):

\$100 per team

High School (Artistic):

\$75 per skater if only event

\$50 per skater if competing in Team Maneuvers

***Any change to an event **AFTER** the schedule has been published **WILL** result in a **\$25** fee for each event changed.*

REFUND POLICY: There will be **NO REFUNDS** unless an event/division is canceled or a participant is found to be ineligible because of a failure to meet residency or age requirements. There will be no refunds for medical withdrawals.

SCHEDULE: Competitors may be scheduled on any day or time during the announced dates of the competition. A schedule will be posted on the BODYARMOR State Games website and on Entryeeze after registration has closed. Participants will be notified when the schedule has been posted.

PRACTICE ICE: The host club, Triangle Figure Skating Club, will be in charge of Practice Ice. Practice ice can be pre-purchased during the registration process for \$25. Skaters will be limited to 1 practice ice session per event during the pre-purchase period. Once the schedule has been published, skaters will be able to select their practice ice time. Those that haven't purchased practice ice will be able to do so for \$30 once the practice ice time selection period is over for those that pre-purchased practice ice during registration. Any remaining ice time will be on sale at the rink during the competition for \$30.

AWARDS: Medals will be awarded to all first, second and third-place winners in each division. Those receiving a medal qualify to compete at the 2024 State Games of America in that event.

JUDGING SYSTEM:

The International Judging System (IJS) will be used for the following events:

- Juvenile through Senior Short Program
- Preliminary through Senior Free Skate
- Adult Pre-Bronze - Adult Masters Junior-Senior
- Excel Preliminary Plus through Excel Senior

All competitors skating in these events must submit a Planned Program Content form online using the EntryEeze website for BODYARMOR State Games. The deadline for submitting PPCs is **midnight March 10, 2024**. There will be a \$25 late fee assessed to any skater that does not submit their PPC by the deadline.

NO paper planned program content forms will be accepted!

The **6.0 Majority Judging System** will be used for all other events.

ON SITE REGISTRATION/CHECK-IN: A registration desk will be opened in the lobby of the Wake Competition Center one hour prior to the start of the competition and will remain open during the scheduled events.

SCHEDULE OF EVENTS: The official schedule of events will be posted online at www.ncsports.org on competition day. This schedule will supersede all other schedules. It is the responsibility of each competitor, parent, and coach to check this schedule frequently for any schedule changes and/or additional information.

MUSIC: Online music submission is the ONLY acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate! **The deadline to upload your music is midnight on March 3, 2024.**

The uploaded program music MUST conform to the following specifications:

Programs per file: One [1] - Only one piece of competition program music (e.g. short program, free skate, short dance, free dance, etc.) per file is allowed.

File Format: mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.

Bit Rate: 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).

Maximum file size: 10 MB

Maximum run time: Five [5 minutes]

ID3 Metadata [tags]: None - The Chief Music Coordinator strongly recommends that mp3 files DO NOT contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, NO EMBEDDED IMAGES!

Maximum leader: Two [2] seconds] - The leader is the silence between the start of the track and the actual start of the program music. The Chief Music Coordinator recommends that there be NO leader.

Maximum trailer: Two [2] seconds] - The trailer is the silence between the end of the program music and the end of the actual track. The Chief Music Coordinator recommends that there be NO trailer.

**** Backup Music at Event [CDs]**

In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event or official practice. CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, (Club – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget FSC, Preliminary, Free Skate, 1:59)
- Each CD may have only ONE [1] music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two [2] separate discs must be available. Any disc with more than one [1] track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable “CD-RW” discs. PLEASE, not CD-RWs!!

The LOC, competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

**** Penalty for Incorrect Music or Failure to Upload Music**

The LOC may assess each competitor/team an additional charge, up to \$25.00 per event segment, if the competitor/team: 1) fails to submit their music prior to the close of online music submission at midnight on March 3, 2024, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess a penalty, the competitor/teams will not receive their credentials at registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

LIABILITY: U.S. Figure Skating, Triangle Figure Skating Club of NC and BODYARMOR State Games accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

COMPETITION APPAREL: Competition costumes are to be modest, dignified and appropriate for athletic competition. They may reflect the character of the music but should not be too theatrical. (This does not pertain to spotlight/showcase costumes.) Clothing must not give the effect of excessive nudity inappropriate for the discipline. Accessories and props are not permitted unless otherwise specified in the event guidelines.

Men must wear full-length trousers. Ladies may wear skirts, trousers and tights (including unitards). Any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competitive conditions. Deductions for violations are 0.1-0.2 in the second mark for 6.0 scored events and up to a 1.0 point deduction for IJS events.

RESULTS: The current US Figure Skating accounting procedures will be used. Results will be posted as live as possible on the BODYARMOR State Games website.

U.S. FIGURE SKATING IJS PROTOCOLS FOR TEST CREDIT: In accordance with Rules TR 3.00, 4.01 and 4.02, athletes may receive credit for meeting minimum scores at any competition held under the International Judge System (IJS). The athlete must “skate up” to the event they are seeking test credit for, in addition to having already passed any prerequisites prior to the competition. Eligible events at the 2024 BODYARMOR State Games include:

Singles Free Skate: Juvenile, Intermediate, Novice, Junior, Senior, Adult Silver through Adult Masters Junior/Senior

Excel Free Skate: Juvenile through Senior

Skaters requesting Test Credit will need to speak with the Registration desk about the process for obtaining a Test Credit Packet.

HIGH SCHOOL TEAMS: All skaters participating in this part of the competition must be part of a U.S. Figure Skating high school figure skating team. Teams must be registered with U.S. Figure Skating for the 2023-2024 competitive season. All skaters must be enrolled as a full-time student as defined by the institution that they attend, grades 9-12, as per state guidelines. This include both traditional and homeschooled students. Athletes may compete either for the high school they are attending, or as a high school collaborative defined as athletes from a single school, representing the school or athletes representing to or more area high school combining to form a team. Competitors may not represent more than one high school skating team at one time.

A minimum of two (2) skaters are required to form a team. Team members may include skaters of any gender. Skaters do not have to be at the same test level. For the Team Maneuver Events, athletes may compete at their test level or any higher level as described in the team maneuver event requirements.

LOCKER ROOMS AND CHANGING AREAS:

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes 11 years old and younger that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing Area Policy and the SkateSafe Handbook (both found on the [U.S. Figure Skating SkateSafe](#) page).

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2021-2022 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 1 season.

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There will be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

OTHER POLICIES AND PROCEDURES:

United States Figure Skating Association (USFSA) 2023-2024 rules will be used as guidelines for judging all events, unless otherwise stated. Junior Women and Men Short Programs may follow either the 2023-2024 requirements or the 2024-2025 requirements.

1. This competition will be sanctioned by US Figure Skating, although membership in US Figure Skating is not required to enter the BODYARMOR State Games.
2. Skaters may compete at the highest level passed or one level higher. Skaters may compete in only one short program level and only one free skate level. Skaters competing in Excel free skate events may not compete in the equivalent well-balanced program event. Skaters are also responsible for verifying age, residency and test level, if challenged.
3. Non-US Figure Skating members may contact the State Games Figure Skating Coordinator, Bonnie Boaz (bonnie.boaz2411@gmail.com), with any questions regarding the correct test level.
4. The Competition Committee reserves the right to combine events. Girls and boys may compete against each other at the Pre-Juvenile level and lower if only one eligible competitor enters one of the events.

ACCOMODATIONS

The BODYARMOR State Games has partnered with Daly Seven to offer a discounted rate at the Holiday Inn Express RDU during this year's competition. [Click here](#) to reserve your room for \$135 plus tax per night. This is a newly renovated property is less than two miles from Wake Competition Center with a free hot breakfast and wi-fi included with your reservation.

VOLUNTEER COMPLIANCE

Reminder: Compliant positions at all U. S. Figure Skating sanctioned events include key LOC members, locker room monitors and ALL medical event personnel. To be considered compliant, an approved volunteer serving in one of these positions must:

- Must submit information for, proper payment of \$30 and successfully pass a background check*
 - The background check will be valid for two seasons, the one in which it was completed plus one additional
- Must complete annual SafeSport Training
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification*

*Accessible via the U.S. Figure Skating Members Only website:

www.usfsaonline -> Person Icon Or Account -> Member Profile -> Compliance

CONTACT INFO:

Chief Referee – Bonnie Boaz – bonnie.boaz2411@gmail.com

Competition Manager – Kelli Hambleton – kellihambleton@gmail.com

BODYARMOR State Games Staff – Roxanne Neumann - roxanne@ncsports.org

Program requirements for the events listed below can be found here: [US Figure Skating Program Requirements](#)

For Special Olympic requirements, [click here](#). For High School requirements, [click here](#).

NOTE: Skaters may not enter both an Excel and a Well-Balanced free skate event at the same competition.

SINGLES - IJS	JUDGING	1 st IJS EVENT	2 nd IJS EVENT	1 st 6.0 EVENT + ALL OTHER EVENTS
<i>Excel Free Skate (Preliminary Plus – Senior)</i>	IJS	\$140	\$90	\$50
<i>Well Balanced Free Skate (Preliminary - Senior)</i>	IJS	\$140	\$90	\$50
<i>Short Program (Juvenile – Senior)</i>	IJS	\$140	\$90	\$50
<i>Adult Free Skate (Adult Pre-Bronze – Masters Jr/Sr)</i>	IJS	\$140	\$90	\$50
SINGLES – 6.0	JUDGING	1 st 6.0 EVENT	2 nd EVENT	ALL OTHER EVENTS
<i>Excel Free Skate (Pre-Preliminary & Preliminary)</i>	6.0	\$110	\$50	\$50
<i>Well Balanced Free Skate (No Test & Pre-Preliminary)</i>	6.0	\$110	\$50	\$50
<i>Adult Free Skate (Adult 1-6)</i>	6.0	\$75	\$50	\$50
SPECIALITY	JUDGING	1 ST EVENT	2 ND EVENT	ALL OTHER EVENTS
<i>Compulsory Moves (No Test – Pre-Juvenile)</i>	6.0	\$110	\$50	\$50
<i>Adult 1-6 Compulsory Moves</i>	6.0	\$110	\$50	\$50
<i>Adult Pre-Bronze – Masters Compulsory Moves</i>	6.0	\$110	\$50	\$50
<i>Snowplow Sam – Basic 6 Elements</i>	6.0	\$75	\$50	\$50
<i>Snowplow Sam – Basic 6 Program with Music</i>	6.0	\$75	\$50	\$50
<i>Aspire 1-4 Compulsory Moves</i>	6.0	\$75	\$50	\$50
<i>Aspire 1-4 Program with Music</i>	6.0	\$75	\$50	\$50
<i>Solo Pattern Dance – Preliminary to Pre-Silver</i>	6.0	\$100	\$50	\$50
<i>Singles and Duets Showcase</i>	6.0	\$120	\$50	\$50
<i>Mini Production Ensembles/Production Ensembles</i>	6.0	\$120	\$50	\$50
<i>Special Olympics</i>	6.0	\$75	\$50	\$50
<i>Synchro Teams (Exhibition Only)</i>	-	\$65/team + \$5 per skater		

HIGH SCHOOL TEAM	JUDGING	ENTRY FEE
<i>Beginner Team Maneuvers</i>	6.0	\$100 per team
<i>Low Team Maneuvers</i>	6.0	\$100 per team
<i>Intermediate Team Maneuvers</i>	6.0	\$100 per team
<i>High Team Maneuvers</i>	6.0	\$100 per team
<i>Artistic</i>	6.0	\$75 per skater if not competing in Team Maneuvers \$50 per skater if competing in Team Maneuvers